



Walking for wellbeing

Do you want to volunteer as a Walk Leader for Enjoying Derby?

Free walk leader training provided.
Next course 16th January at RTC
Business Park

Learn how to:

- ❖ plan and lead a health walk confidently and safely
- ❖ identify leaders' roles and responsibilities
- ❖ motivate walkers
- ❖ volunteer for a walk scheme

Interested?

**Contact Christopher Bentley,
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